

THE DEDICATION.

T E N T L E M E N , L A D I E S and others.

The intent of Publishing this Book in this Nature is, that each Person shall first have the Reading of it through, and then Consider the weighty Matters herein Contain'd. The intent being only for the Publick Good, as to the Preservation of Life in Time of Need. It having met with that Reception in the Kingdom of *England*, that there was upwards of Four Hundred Thousand of them Distributed. So that in Case, after Twelve Hours Time to Peruse it over, this Jewel shall not be thought worthy of the Price of one single Penny, and to be lockt up in your Cabinet, as the most estimable Riches in your Family; Praying to God to favour this Kingdom, that there may be never occasion to make use of it. Be pleas'd to keep it C L E A N, and return it to the Bearer.

B. Since the Nations of *Great Britain* are equally Concern'd, And are under the Apprehensions of Fear, of that Contagious Distemper the *Plague* spreading, by the Eggs being scatter'd as the Weather shall become Warm, in this Year ensuing 1722. which the two famous Citys in *England* and *Ireland*, (viz.) *London* and *Dublin*, too severly felt the smart, let it not be forgot. Therefore, as the present wise Goverment of the Kingdom of *England*, thought fit that the Learned Colledge of Physicians in *London*, should prescribe Remedys for every Family to be their own Physicians, in the Day of Tribulation and Afflictions, and time of Need; when no one will attend them.

They have in this Book, without any Reserve to themselves, Candidly set forth, the true experienc'd Remedies made use of in the Year of the great Sickness 1665 in *London*, where-with so many Thousands were Preserv'd, of all that took it, not one Died, which was done by Order of the King and Council; with the true Receipts and Rules for its prevention and Cure.

My courteous Reader, Consider why the same Measures taken in *England*, for the Prevention and Cure of that Pestilential Distemper call'd the *Plague*; may not be as useful in this Kingdom, since if you Compare the terrible Infection now rageing in *France*, with that in *Dublin* in the Year 1652. and that in *London* in the Year 1665. you will find them equal the same; and therefore ought to be kept in every Family, to be ready at Hand, when no one will attend them.

Dedicated to the Honourable Sir *Hans Sloane*, Knight and Baronet, President to the famous College of Physicians in *London*.

Dublin: Printed by C. H. at the Reindeer in Montrath-street, for the Good of the Publick. Where Chapmen may be furnished with Story-Books, and Ballads, &c. at Reasonable Rates

S I R,



HE just and wise Choice the College has made in placing you at their Head, having given you an uncommon Concern and Zeal for the Health of the Publick ; and particularly for the Assistance of the Poor ; the putting Instructions into the hands of every one, by which they may not only preserve themselves from, but even Cure themselves of a Distemper in which Physicians dare not

without hazard of their own Lives make them a Visit, cannot but be entirely conformable to your Wishes.

The Distemper here Treated of is the *Plague*, (the destroying Angel of Mankind) which at this Time so nearly threatening all Europe ; we find that every Neighbouring Nation is wholly bent in taking the necessary Precautions against it, and amongst whom the singular Care our wise Regency, during his Majesty's being at *Hanover*, have taken by the late Proclamations for the strict Performance of Quarantains among the Shipping, and claims the particular Thanks of every one of his Majesty's Subjects, and shew the Danger not to be immaginary, but *Real*.

The *Plague* puts to flight the dearest Friends : The Husband abandons the Wife, the Wife the Husband : The Parent the Child and the Child the Parent : Never is help and Assistance more wanting, and never more difficult to be had. Physicians, Surgeons, Apothecaries, Friends, and even the nearest and most dear Relations, running themselves into the very Jaws of Death, in daring but even so much as to take their Leaves of a gasping and expiring Friend

No Profit, Sir, or Interest is here aimed at in giving these Instructions, no Remedy being designed to be sold for the Disease. The Safety and Preservation of our Country at this dreadful Time, when such an impending Danger so nearly threatens us, is the Motive in order that Persons may know what to do themselves & Friends in such terrible Straits, (wherein we find the poor *Marseillians*, &c. have been unhappily involved, and) in which no Physician nor any Body else even dares come near them. Since therefore nothing is intended but to teach every one how they may help themselves in such direful Circumstances, when neither Physicians nor Friends dare approach them, 'tis hop'd that this Book will find from the Publick, a so much the more favourable Reception, as it carries the ~~less~~ Self-Intrest along with it

At first 'twas thought that some few Thousands of these Books would be fully sufficient to answer the publick Demand for them, and consequently only a certain Number of them was Printed off, but these being soon fetch'd away, (the call for them encreasing every Day) and your having been pleas'd to honour this Book

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with so very favourable a Reception, the Continuance of it to the World is now become a Duty, which Compassion for the Publick in this dreadful Calamitous Time obliges to do, in order every Family may either have one by them, or may know where to Borrow one in the Day of Affliction, and Time of Need. For your Great Name going along with these great Instructions, will encourage & enforce their Use to Numbers, who otherwise might not regard them, and so Perish purely for want of Help.

If ever therefore, this Dreadful Marseillian Calamity should unhappily reach this Kingdom, (which God Almighty of his infinite Mercy avert from us) it may be truly said, That these Instructions supplies your Presence, and will be esteem'd the same thing as a Charitable Visit from You, to those whom without certain risque of their own Life no Physician dare Personally to Assist. So that those who may happily be either Preserv'd from, or Recover'd of the Plague, by the Assistance of this little Book, because it is honour'd with your Name, may with good Reason say, That they owe their Life and their All to Y O U.

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THE late dreadfull PLAGUE, &c.

Marseilles is one of the most considerable Cities in France, and the most populous and most Trading Town in all Province. The dismal State of which, by reason of that dreadfull Plague which has lately rag'd therein, can appear no better then by the following Account transmitted in a Letter from thence.

THE dreadful distemper wherewith this City has been visited a long time was unhappily brought to us by a Ship from Sidon (a noted Town near Tyre in Asia, mentioned in the New Testament) which came into our Road the fifteenth of June.

The Potters first employ'd in opening her Cargos, were immediately seized with violent Pains in the Head, reaching to Vomit and a general Faintness, accompanied with (Buboës or) Plague Sores, and died thereof in three Days. Those who succeeded them in this Work were taken in the same manner, and died likewise. Hereupon some Surgeons were sent to examine into the Nature of this Distemper, who reported that it was realy the Plague: But proper Care was not immediately taken; the Effects were only remov'd to a Desart Isle call'd Farre, about six Miles off, where all those who went to Air the Goods died suddenly of the same Distemper. Nevertheless some Officers of the Ship were permitted to come into the City, and many of the Sailors brought in Goods privately: upon which a considerable Mortality confus'd in that part of the Town where they lodg'd. Several Physicians who visited them, publickly declared, that the Plague began to spread and acquainted the Magistrates with it; but they slightly regarded it, a believing it to be only a putrid Fever, which was rife only among the poorer Sort, who liv'd much upon Fruit.

Thus, it continu'd neglected throughout the Month of July: about the beginning of August, the commander, Intendant and General Officers of the Gallies, hearing every Day various Reports of this Distemper, and perceiving the Mortality to encrease, sent a Physician and Surgeon of their own, together with som of the Town to Visit the Sick in different Quarters.

These reported, that from the Inspections they had made, it was undoubtedly a Pestilential and very Contagious Distemper, and that they could not take too much Caution to prevent its fatal Consequences. The Hospital des Equipages was appointed for the Infected, whether they were carried in great Numbers, all having Buboës or Carbuncles, and some both. In the mean time, the Distemper spread so fast in the City, that the Magistrates were oblig'd to send the Infected of both Sexes promiscuously into their Infirmaryes and Hospitals clear'd for that Purpose, and which were soon too little to contain them.

The Physicians, Surgeons and Clergy, with their Servants, who attended the Sick, All died after some Time, so that the Sick lay in the Street, and at their Doors, without Help, till they perished calling in a most pitious manner for Help, but none dares come

ear them ; so that nothing was seen here but Dead or Dying persons. The Graves and Burial-places have been all full. The infection was spread into all parts of the Town, and when it got into a Family, it run immediately from one to another, till it had gone through all ; so that Twenty lay Dead at once in a house. And the worst of all was, that they could not be buried, but lay in the Houses or Streets many Days, which were full of Dead Bodies and Bedding, 27 Carts appointed to carry them out, not being sufficient.

The Magistrates had been affisst with 500 Galley Slaves to clear the Streets of the Dead ; yet there were still above 3000 Dead Bodies that lay about in the Streets unburied, which caus'd an intollerable Stench. And tis computed, that (in all) about 80.000 Died of the *Plague*, two Thirds of which were observ'd to be Women, most of 'em with Child, who died of the Infection after Miscarriages or Lying-in, purely for want of Help. In short, the Calamity was so bad, that the Poor cou'd hardly get even Water, because none dare go near them. The Rich and able, went into the Country with all manner of Provisions, and not a Church or Shop left open. So that they, who were but a short time ago in so flourishing a Condition, are now overwhelm'd with Misery.

Bread, Wine, and other Necessaries were very scarce, and consequently so dear, that People of the best Conditions, had enough to subsist. Nay, and what is still very remarkable, there was not a Bird seen in the Air, several attempting to fly over the Town falling down dead, as soon as they reached the Pestilential Air, [a most terrible Infection.]

Our Physicians did omit nothing in this Case, that they thought proper, whether Cordials, Sudorificks, Catharticks, or Emeticks, but had no Success no more than they had in Bleeding, after which not one recovered ; for they died as well with Remedies as without, their utmost Skill not being able to save them. And the *Plague* sores could hardly be brought to suppurate.

To conclude : This Distemper, which at first carried off the infected in a few Hours, began to relax in point of Time many living six or seven Days, but yet died at last, one very rarely escaping. So that we have true Cause to say, *Lord have Mercy upon us, and Deliver us from this terrible Scourge.*

They were oblig'd to take Condemn'd Criminals out of the Prisons to Bury the Dead ; and notwithstanding the general Consternation, there were some People so hardened, that they carried off the Cloaths of the Deceas'd, in hopes to find Jewels or Money, &c.

Thus far of the miserable Town of Marseilles. Now to enter upon some proper Considerations, both for Preservation & Cure of the Distemper it self. The *Plague* is a continual malignant burning Fever, proceeding from Putrifaction of the Spirits and Humours, and Venomous Insects, &c. Those who are infected

are Cold without, and Hot within, Heavy, Weary and Impunish have great Pain in the Head, Carelessness and Sadness of the Mind with Sleepiness, loss of Appetite, Thirst, Vomiting, Bitterness and Dryness of the Mouth, the Pulse frequent, small, and deep, Urine thick, and of an offensive Smell, with Blotches (in this Distemper call'd Buboes) behind the Eares, under the Arm-pits, or in the Groin : Or else Blew, Redish Black or Livid Spots about the Body.

One Cause of the *Plague* is that assign'd by Dr. Mead, Dr. Hodges, and others, who attribute the *Plague* to a Putrifaction of the Nitrous Spirit in the Air, which thereby communicates Contagious Particles, and Venemous Effuvia, which being drawn with the Air we Breath, taint in their Passage the Salival Juice, which being swallowed down into the Stomach, presently fix their Malignity there, as appears from the Vomiting with which the Distemper often begins its first Attacks.

Another (not improbable) Cause of the *Plague* is this : 'Tis the Nature of all putrid and corrupted Bodies to tend more or less to a new State of Vitality and Life : Thus Rotten Cheese, Salt Meat, and other such corrupted Bodies, are visibly perceived by Mr. L. cuwenboecks Microscope: to abound with vast Numbers of Animal Insects and Maggots : And Experience daily shows, that Sweat and Nastiness engenders Lice, Bugs, Fleas, and other Vermin. This being thus established, it follows from the same Principles, that corrupted foul Vapours, Exhalations and Effuvia proceeding from Putrid Nasty Places or Bodies, will turn into the produce in the Air prodigious numbers of Venomous Insects and Animals, sufficient capable of causing those direful Depredations on Mankind called the *Plague*.

And hence arises the common saying, That such or such Corrupted Bodies, ill Smells, are enough to Breed a *Plague*. Now all Breeding imports and tends to the giving of Life. (And therefore, These Venomous Pestilential Insects and Animals, swarming thus in the Air thicker than Motes in the Sun, (where-ever a Pestilential Distemper rages) scatter their Eggs in prodigious Quantities where-ever they are, as all other Insects do.)

Now these Pestilential Animals with their Eggs, being drawn & suck'd into our Bodies along with the Air we Breath, attack and prey upon human Body, as Grubs and Worms in a Garden do, corrode, and destroy all they come near. And in this (not improbably according to Kircher) consists the *Plague*.

Persons may choose which of these Opinions they like best, nothing being here proposed Demonstrable, but only as not improbable. But the design of this Book being to instruct Persons how they may help themselves and Family in this terrible Distemper, and not to Reason abstrusely about its Course, it is much more to the present Purpose and Intention of this Book, to consider : That the *Plague* is always dangerous: But if no Buboes come out, or if they appear and go in again, or Spots appear of a Livid or

LACK COLOUR, the Danger is still the greater. But all *Plague* Sores by how much they are farther from the part, and suppurate sooner, by so much the less dangerous they are; and if they are well drawn, they commonly prove a happy Cure. OR Prevention of the *Plague*, Persons ought to avoid Handling any thing wherein the Eggs and Seeds of it may lie, such as Quilts and Coverings wherein such as have had the *Plague* have lain; as also all Leather things, Cloaths and Hangings. Persons ought also to dwell far from, and avoid BuryingPlaces, Shambles of Meat and Fish, Dyers, Tallow-Chandlers, Farriers, Skinners, Dung-ills, Privies, Stinking muddy Watters, close and putrified Airs, offensive Smells, &c.

As also the Company of Nurses, Grave-makers, Searchers, and Buriers, who although they have not the *Plague*, yet may carry the infectious Seeds and Effluvia thereof in their very Cloaths.

Persons ought to keep themselves Airy and Cool; and to avoid any thing that may over-heat, inflame, or cause a Fever, by which means the Pores being opened, the Habit of the Body is made more apt to receive the Pestilential Effluvia.

Those Persons who visit and attend the Sick, ought to turn their Heads as much as they can from their Breath, to avoid the steams of the Bed, or the Vapours arising from any Bubo or *Plague* Sore: to view them with what speed may be, to wash their Hands after touching the sick, never to swallow their Spittle while they are about the Sick, but Spit out, and likewise never to draw in their Breath when they are near them, and to make as short a stay as all they can in the House. Perfumes, Pitch, Rosin, Gums or any such like may be burnt, to purify the Air of the House with. These things being observed.

Now as it is now to little Purpose to prescribe either very chargeable Medicines, or vast numbers of Drugs and Ingredients which are hard to come by in any Medicine for the *Plague*, in which every thing is in such a Confarnation and Amazment, that scarce any Quantities of any thing at all is to be had, and especially for the Poorer sort of People. As therefore the Chargeableness and Multiplicity of Drugs drawn down from me recommend any Medicine at any Time whatsoever, so much as in this dreadful Calamity; and therefore simple, feasable and easily prepared Remedies, and easy also for every one to come by, the properest at this Time and such only shall be recommended in this Book, which is principally calculated for the Assistance of those whose Straitness of their Circumstances makes them stand in the greatest Need of Help. The following Drink was the great Medicine by which such Numbers were Cured of, and Preserved from the Infection in London, in the Year 1665.

Ake 2 Quarts of Canary, (if you cannot get Sack, take Claret or Cider; That is to say, or any other Wine: Poor People may make it of good Beer) Boil it out, or if you will, put into it of Rue and Sage of each one good Handful, Boil these together in a Pipkin close cover'd, till about a Pint is boyled a way

Then strain it off, and set it over the Fire again, and put into one Dram of Saffron, one Dram of Long Peper, half an Ounce Ginger, and two good large Nutmegs all well beaten together. Then let it boil a quarter of an Hour, take it off the Fire, and dissolve in it of Mithridate an Venice Treacle of each a full Ounce, and keep it close stopt for Use.

This thing is that great Secret which the College of Physicians their Directions for the *Plague*, that they publish'd by express order of the King and Council, in the great Sickness Year 1665, orded Persons to make use of, and by which such vast Numbers were Preserved and Recovered. Nay, a certain Physician who had been in London during the whole Sickness, and constantly visited the infected, and by Consequence was an Eye Witness of the dismal Dredg'd then acted, positively asserts, That none that took of it did Every Family then ought in any Visitation of the *Plague*, to lay upon this as an inestimable Jewel, and therefore it is here candidly Publish'd without any Reserve for the general good, that every Body may know how to make it, and thereby be able to help themselves and their Family in a Time of such Publick Calamity. Distrust no Affliction and Tribulation as the *Plague* is; and wherein if Persons do not know how to Help and Assist themselves, they will necessarily Perish, Death being unavoidably at the Door, and no Person dares come to assist them.

Take of this every Morning, and last every Night three or four Spoonfuls for Preservation: But if a Sick Person takes it, you may give neare a Quarter of a Pint or more at a Time, putting them to Bed, to Sweat well upon it. For in Pestilential Fevers, the universal Motion of Nature being towards the Skin, this Motion of the Physician is to assist, by such things as moderately induce Sweat. And also for this Reason, Care must be taken not to evacuate much by Stool, no more than by Bleeding.

As the Sweat arises and is protruded thro' the Skin, it must be wiped off; and whatever things have been used about the Skin, either throw them presently into scalding hot Water, or beat them. This just now mentioned Liquor most powerfully fortifies the Vitals, and by Sweat (which is the only Way of Curing the *Plague*) throws out the Malignity of the Disease.

But here all Persons are desired to take Notice, that although the best and most Rational Method of Cure of the *Plague* consists in Sweating, yet this ought to be moderate, and not at all by the violent Force of very hot Medicins, so as to over heat the Blood; therefore if the foregoing Drink prove too hot for some Constitutions, you may leave out the Pepper, Nutmegs and Ginger, and put in only some one of them; for Example the Ginger. Again, if you do put in the foregoing Ingredients, then the Dose must be moderated as to cause a good Sweat without over-heating the Blood.

It being a great Error in the Cure of the *Plague*, to think to

it by very hot Medicines, or too much stifling up the sick Persons; but rather keep them so Airy, and moderately Cool and refreshed, as not to be sweltered during their Sweat, and yet not so to take Cold as to drive the Distemper in.

And therefore during the Sweat and between whiles, give the sick refreshing Cordial Juleps, Sack-Whey, Posset-drink, with plenty of Sage boiled in it, Sage Tea, Comforting Broths, &c.

Those Persons who have not this Drink, must take the Quantity of a very large Nutmeg Morning and Night of Venice Treacle (of that sort hereafter mentioned) dissolved in Canary. (or warm Ale for poorer People) by this Method another Physician who staid also in London during the whole time of the Plague cur'd above 1000 Persons actually infected with it, i.e. Sick being in Bed and Sweating well upon it: And untill about two Sweats are undergone, 'tis not adviseable to sleep. This is also a most excellent Remedy.

By this name of *Venice Treacle* is not always meant this Medicine, as made no where but at *Venice*, just as if no other was good or any thing but that: But here is understood that (*Venice*) Treacle which is made here in *London*: And with Dr. *Quincy* Part 3 Sect. 5. fully proves even to excell (by reason of the English Saffron that is in it) what usually only pretended to be, & consequently sold here as *Genuine Venice Treacle*: Whereas 'tis commonly nothing but old stale *London-made* Treacle, which the Shops cannot Sell, and therefore many People put it up here in Tins, and cause *Italian* Directions to be Printed in *London*, and so put them up along with it.

Let the Person Sweat well upon it five or six Hours or more, as the sick can well bear it, and let it be repeated again for at least 4 days, letting the Patient, when out of the great Sweat, yet lie in kind of a breathing Sweat, and now and then Wash, Moisten, & refresh their Mouth with the Jnce of an Orange, or with Vinegar and Water or some pleasant Cordial Julep, made greatly Acid with Oil of Sulphur.

Note, Vinegar is an admirable Thing to smell to, and to wash the Mouth, Nostrels or any part with, or to soak Letters in coming from infected places & mixt with water to wash your House with. This *London* made (*Venice*) Treacle which all Apothecaries sell, and the foregoing Drink, are those great Secrets with which such numbers of People were saved and rescued from the Jaws of Death, and cured in that dreadful Visitation in *London*, in the Year 1661. Nay, These Physicians go farthe yet, and say, to the best of their remembrance, not one Person that took them died, when other wise had not taken them lay dead in the same Room.

Cupping Glasses and Blisters are very useful where any Tumour Swelling appears, to draw out more powerfully the Venom. Sheep's (or any other) Lungs applied to any part are excellent Drawers of Venom and Malignity down from the Heart & Head.

If the Sick be Thirsty, give Drink of a reasonable strenght, a warm as they can well drink it, and let not the sick Person languish with Heat and Thirst, which is very ill done. The Rich sort may drink moderately of fragrant generous Wine, and Cordial Waters, but all small and cold Beer is to be avoided.

Whenever any Swelling or Sore appears, be sure encourage it and bring it to a Head by the following drawing and ripening Practice.

Take a very large Onion, and either wrap it up in wet Paper, or bury it in hot Embers, or else Roast it thoroughly well before the Fire, it is very soft : Put to this Onion the quantity of a Pullets Egg of London or Venice Treacle or Methridiate (which you can get) Mash it well together, and lay it on as hot as can be born, binding it with Cloth. Repeat this till the Corruption and Core of the Carbuncle or Eubo drawn well out, and then keep on Melilot Plasters, or Easfilicon Ointment till it is well.

If the Plague begins with Vomitting, you may give a Vomit of Cardis Posset first, to take away the Recrements of the first Passages, then put the Person into a warm Bed to Sweat.

When the Sweat begins, it must be promoted with repeated draughts of Sage Posset, or Beer boiled with a little Mace in it; continue this Method for at least 24 Hours (if the Sick can bear it) and in the mean while some comfortable Broths must be given to support Nature under the Fatigue of so much Sweating.

Smoking Tobacco is good; Chewing of it, is indeed a very nasty decent Practice, but in time of a Plague, those who can away with it will find it of Service.

Besure keep your House Airy, fresh and moderately Cool, strew with cooling refreshing Herbs, as Roses, Violets, Rosemary, Lavender, Sage, Rue, Mint, Wormwood, Sweet-marjoram, &c. And wash with Vinegar and Water, which is an admirable thing to kill, damn and destroy the Infection.

It may not be amiss to remark here from Authors that write of Agriculture, that these abovementioned fragrant Aromatick Plants are very rarely or never destroy'd by Insects, such as Grubs, Caterpillars and other such Animals, whilst all the other Herbs in the Garden be almost quite eaten away and destroy'd by them, which gives us further Conviction of the innate Aversion all Insects have to them and by Consequence their Power of refisting the approach of these famous Animals and their Eggs that cause the Plague. And on this count, it is that the use of these Herbs is so much recommended in of a Plague, as well for a Cure of, as a prevention from the Disease.

Now the poorer sort of People, whose Diet, Cloathing, Habits and other Necessaries of Life are sordid, and mean, have their Bodies much more dispos'd to receive and harbour those Pestiferous insects (with their Seeds and Eggs, with which the Air of an infected City [with the Plague] so vastly abounds) which cause the Disease than Bodies that are kept cleanlier, and better nourished, by which

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are the better enabled to resist the Infection; as poor sordid People are more subject to breed Lice and Vermin, than neat cleanly persons. And therefore keep your House frequently clean washed, and strewed with these Herbs above mentioned.

As for Persons who must go Abroad ; Garlick, Tobacco, a Spunge, or Bread dipt in Vinegar, Lemmon or Orange peel, a Clove, or such like things held in the Mouth, does so affect and impregnate the Breath, as to resist the Approach of those Venomous Animals flying about in the Air, which cause the Plague. And never go out Fasting ; A very good preservative Breakfast in a Morning is, a piece of Bread, rubb'd well over with Garlick, with or without Butter ; and with Rue, or Sage wet very well with Vingar, and laid on it, drinking after it a Glass of Sack.

During the Plague in London, two great Numbers of the Common
and poor People, his following was successfully given.

Take common Salt Petre four Scruples, Flower of Brimstone one Scruple, Saffron and Cochinelle of each six Grains, all being in fine Powder, mix for a Dose. This was repeated Morning and Night so long as need required it, and of some Thousands to whom it was given, not one Died.

Poor People may also make themselves a Drink, with 6 or 7 Cloves of Garlick, and a handful of Sage, and as much Rue, wth some Lemon or Seville Orange peel in two Quarts of common Beer.

And so they may make a large Quantity; let this stand always, & draw it off as you drink it. Sage being also a noble thing in the Plague, and doubtless, it was not without Reason, that such a great Encomium is given of it by the Ancients, as even to wonder that People should die, where plenty of Sage grows.

If we compare this dreadful Plague at Marseilles with that in London, fifty odd Years ago, we shall find the Symptom and Effects of such to be pretty near the same. In Merselles, the Streets were filled with dead and dying Persons, crying out for Help, but none came. Carts continually going about to carry off by whole Loads the Dead, & which were buried in heaps together like Dogs, without any Church-Service and Provisions of all sorts very scarce and dear.

The most intimate Friends were afraid of, and abhord each other, and every one left to die alone: Cloths, Goods and other even the most valuable Things, are now thrown into the Flames: No Divine Service was anywhere Celebrated, the Churches being all shut, and the Clergy nearly all dead, the Shops also shut, without any Trade or Commerce.

No Communication was permitted, but whole Families barred and locked up to die and perish by themselves; and if any offer'd to fly into Neighbouring Territories, they were shot dead on the Spot

This the most flourishing, most populous, and most Trading City, was become Desolate, Abandoned, and left by all, a Prey to Death. This dreadful State of Marseilles, was just the same in Dublin. Since then this Marseillian Infection now threatens equally us here in Dublin, with the Trading Parts of Europe, by Consequence the same Method of

Cure which was found to be successful in London, may go in a great Measure, also the same now. But still, notwithstanding the approaching Cold Weather most seasonably occurs to our Defence, yet Prudence bids us not to depend too much upon it: But a fresh Care will still be requisite in every one, next Summer, to avoid this very same Infection notwithstanding it may lie dormant during this Winter; for we find that the Infection was pent up, and brought from Sidon to Marseilles amongst Goods and the Ships Cargo, and not by the Crew, who were most of them well and in Health. The Reason of this is:

The next Summer when the Air begins to warm, the Seeds and Eggs of the Infection being brought to us along with Goods, even in the coldest Season, will conformable to the nature of all Insects be animated and hatched, (as all other Insects are) by their common Parent the Sun. And therefore although a Winter Season following the Plague be of great Advantage, and makes a Pestilential Distemper abate for the present, by killing the pestiferous Insects Animals that cause it, (for which Reason cold Northern Climates are never so subject to the Plague, as hot Southern ones) Yet when the warm Weather comes on, and hatches the Eggs conveyed to us by Goods, Food, Water, or other ways, it may break out again. Just as the Eggs of Caterpillars, Silk-worms, Flies and other Insects remain in a manner dead all the Winter, (though with a principle of Life in them, which even Frost does not destroy) yet in Summer are hatched and animated by the heat of the Sun: So that nothing can destroy those Eggs but Fumes, Fire, or scalding Water. Hence the Fire of London the Year after the Plague, so consumed these Eggs and other Remains of the Disease, that we have not had the Plague since.

If then the Seeds of these pestiferous Animals are brought during the Winter, along with Goods into this Kingdom next Summer they may breed the Plague here, as they did at Marseilles.

Conformable to what has been here said, is what Mr. Kephall in his *Medela Pestilentiæ*, Printed in the Year 1665, tells us: That those Plagues which raged in London, before the great one in the Year 1665, were produced in this manner, viz.

That in London, in the Year 1609 (in which Persons were swept away like Rotten Sheep) was brought to us by its Seeds and Egg amongst Seamens Cloths in *White-Caple*.

That in the Year 1625 (in which died 35403 Persons) was bred and produced by Rotten Mutton at *Stepney*.

That in the Year 1630 (in which died 1317 Persons) was brought to us with a pack of Carpets from *Turkey*.

That in the Year 1636 (in which died 10400 Persons) was brought over to us by a Dog that came from *Amsterdam*.--- And

That last great one in the Year 1665 (in which died 100,000 Persons) was brought over in a Bale of Goods from *Holland*, and thither it came in a Bale of Cotton from *Turkey*.

This terrible Plague continued in London about ten Month

which long duration of it, (as Dr. Mead in his Treatise of Pestilential Contagion, p. 9. observes) may be justly charged upon the unhappy Management of infected Houses, by barbarously shutting them up with a large Red Cross, and *Lord have Mercy upon us* on the Door ; which Practice ought by no Means to be observ'd ; nothing so much concurring to the keeping and increasing of the Contagion in a House, as a pent up Air. Even our common Prisons (says Dr. Mead. p. 41.) afford us an Instance of this, in which very few escape what they call the **Goal Fever** which is always attended with a Degree of Malignity in proportion to the Closeness and Stench of the Place ; and it would certainly very well become the Wisdom of the Government, as well with regard to the Health of the Town, as in compassion to poor unhappy Prisoners, to take Care that all Houses of Confinement should be kept as Airy and Clean, as is consistent with the Use for which they are designed.

Here then Notice is to be taken, that the proper Correction of the Air in time of a Plague, is by making it fresh and Cool, and not stifling and sweltering Persons up in any close Place.

But notwithstanding all possible Care that can be taken next Summer, let every one redouble their Supplications to Almighty God, to avert this terrible Scourge from us, crying out continually, *From Plague and Pestilence, deliver us O Lord.*

Besides what has been hitherto mention'd, the following Instructions may be also of good Service. Take of Rue, Sage, & Wormwood, of each a good Handful, a good large Nutmeg in powder, three Cloves, one Handful of Juniper Berries, and a Lemmon or a Seville Orange peel. Put all these into a Jugg, with two Gallons of good Beer, and let every one of your Family drink a Draught every Morning with their Breakfast. Take a Quart of Vinegar, and put some Flint-stone Red hot in, and Air your Rooms with the Fumes of it. Or slack some quick Lime-stones in Vinegar, and Fume your House with it : Or burn Brimstone in your Rooms, and don't go abroad before Sun-rise, nor after Sun-set.

Strew your House and Windows with sweet Herbs, and rub them up and down, presently convey away all Soap-suds, and foul Water. Glazed and smooth Habits are better than rough Cloaths, in those Wool and Nap the Seeds of the Infection may stick.

A good Courage ought to be kept up : Fear and Apprehension incurring very much towards the having the *Plague* ; and yet a Resumption on the other Hand must be avoided.

Dr. Bonet, an eminent Physician at Geneva, pag. 205. says, that when he every Day visited many that were Sick of the *Plague*, he took nothing but a Spoonful of Vinegar soaked in the *Yumb* of Bread for Prevention sake, in the Morning before he visited his Patients. He used this Remedy for eight whole Months, and he never perceived any Infection.

ten Month since he constantly advised People to smell often to a Spunge

dip'd in Vinegar. ----- In the great *Plague* in *Rome* in the Year 1656, the Physicians and Surgeons when they visited the Sick, put on a particular Habit, which was not of Cloath nor Wool, where in the poisoness Effluvia might easily stick, but of Linnen, no rough, but smoothed over and Glazed, and that no Infection might stick upon it ; and this Habit they presently put off after they had done visiting the sick.

They had also a Mask covered with Wax all over their Face and their Head too, that the Hair might not take the Infection, with Glasses before their Eyes. And with these precautions they visited their Sick.

Zweller an Eminent German Physician, *Pharmacop.* pag. 61, tells us of a certain Physician in *Moravia*, who ordered Persons to wear a dried Toad about their Necks, at a time when the *Plague* raged most violently in the City. And of all those Persons who only thus wore it about their Necks, he positively affirms *Nullus mortuus est*. These are his own Words.

Baldinus Ronseus an eminent Physician of *Crete*. *Venatione Medicæ*, p. 79. Recommends also the same Remedy to be thus worn about the Neck as a preservative against the *Plague*, and says expressly of it (in this old Verse) that if any Person only wears it about them, they will be preserved from all Infection. *Siquiquam* (says this Author) *solmondo*.

But to sum up in a few words (for the Benifit of all Persons who may at any time be where the *Plague* is) what has been hitherto said. When the *Plague* has unhappily reached any place the first thing Persons ought to do. is to lay up some Provisions for Sustenance of Life, in order to have as little Communication broad as possible.

By this means we find a Gentleman Inhabitant at *Marseille* preserved himself and Family : He laid in Provisions of Biscuit, Beef, Butter, Cheese, Wine, Brandy, Spicies, Tobacco, &c. and made fast his Doors, permitting no Body to go either out or in all the while the greatest Violence of the *Plague* raged ; but after some time hearing People walk about, and talk more cheerful in the Streets he ventured out, and thus preserved himself and Family. This Method then may very well imitated.

Provide your self also with some Quantity of the abovementioned *Venice Treacle*, and *Mithridate*, *Onions*, *Rosemary*, *Lavender*, *Majoram*, *Time*, *Mint*, *Tobacco*, *Lemmons*, *Seville Oranges*, *Saffron*, *Sage*, *Rue*, *Garlick*, *Vinegar*, *Canary*, some *Oil of Sulphur* from the *Chymists*, and other such things as abovementioned.

And when any of your Family is attacked with any Symptome of the Distemper, presently carry them into a clean, warm (but airy) Room with a Fire in it, wash them clean, Sheave their hair and put them into a clean warm Bed, and don't let them have a Shirt or Shift on, but let them be wrapped naked in a Blanket to fusk up the Sweat, and to avoid the Danger of taking of

wet S H I R T, And a CLEAN one will be the easier put on
Being in Bed give them out of Hand, either of the Drink men-
tioned above, page 7. or else give the quantity of a larg Walnut
of your Venice Treacle : (Or if you have not these, then give
them the same quantity of Mithridat,) dissolved in a little Sack
or warm Ale. Repeat this twice a Day at least, till the Sweat
comes well out, cover them up warm and close, that they may
Sweat plentifully (the only sure Method of Cure.) And if any
Person has already had the Plague, and recovered, they are the
properest Persons to attend others, this Distemper being like the
Small-Pox, which Persons rarely have twice.

Whilst the Person is in Bed, bind on to the Sole of each Foot,
Sheep's Lungs, and renew them as they dry, to draw the Malignity
away from the Head. If any Swelling or Sores appears, clap
presently on a Pultice to draw and ripen it, of a large Onion with
some Methridate or Venice Treacle as above mentioned.

Don't (unless some very particular Indication indeed requires it)
Let the Person Blood : Don't give a Purge, but a Vomit may be
given where the Stomach is very foul and loaded indeed, and the
Distemper begins with Vomiting. Keep a moderate Fire in every
Room in youre House, and keep burning in a Pan of Coals in the
Rooms, Rosemary, or any Sweet Herbs, &c.

Keep the Sick Person as clean and Neat as you can, for Sloven-
liness, Nastiness and Dirt, always increases this Distemper.

And always remember that during the whole Time of Sickness
in the Plague, whatever Drink you give the Sick Person, never o-
mit putting into it some few drops of Oil of Sulphur (which you
may have at any Chymists) as much as will give the Drink a
greatful Sharpnes, and no more, which is an admirable thing to
allay the Fever and Thirst.

This Method (through the Blessing of Almighty God) will
recover and preserve those who otherwise would inevitably perish,
purely for want of Help.

NOTE, If every Family in Marseilles had but had a Book of this Nature by them, to have had recourse to for Instructions what to have done some Thousands of Lives might have been saved whereas 'tis computed that now out of every eight in a House, seven have Perished, and these mostly for want of Help. An inexpressible Calamity.

N. B. This Book is not Publish'd for Lucr of Gain, neither is there more than two Persons to Distribute them; so that it is Advis'd for all Families to take One when they have Opportunity least when they should have Occasion, they may not know where to meet with such a Jewel: The Design being only for the Help and good of all Persons in Necessity

This is the second Impression Printed in this Kingdom, at the Instigation of several Persons of Note, the same is now Published for the good and benifit of the Publick in General.

F I N I S.



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